



2012 Nutritional Information

Item Code	Product Description	Serving Size	Servings Per Package	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	
Organic Dishes ~ Serves One																			
101068	Organic PB & Raisin Oatmeal	1 Package	1	530	190	21g	4g	0g	0mg	240mg	77g	9g	26g	16g	0%	0%	6%	25%	
101480	Organic Yakisoba Noodles	1 Package	1	410	110	13g	1.5g	0g	0mg	1200mg	62g	5g	8g	11g	240%	120%	10%	15%	
101064	Organic Scrambled Eggs	1 Package	1	250	160	17g	6g	0g	730mg	220mg	2g	0g	1g	20g	8%	0%	10%	15%	
101060	Organic Spicy Omelet	1 Package	1	200	110	12g	4.5g	0g	410mg	580mg	8g	2g	4g	15g	45%	130%	15%	15%	
101476	Organic Garden Vegetable Couscous	1 Package	1	450	130	15g	3g	0g	5mg	1410mg	64g	9g	8g	16g	170%	60%	15%	15%	
101478	Organic Black Bean Chili Pie	1 Package	1	550	200	23g	7g	0g	25mg	950mg	71g	36g	17g	26g	110%	130%	45%	60%	
101472	Organic Spinach Puttanesca	1 Package	1	470	70	8g	3g	0g	10mg	1050mg	85g	7g	12g	17g	100%	60%	20%	35%	
101474	Organic Sicilian Lasagna	1 Package	1	450	120	13g	6g	0g	25mg	1810mg	58g	6g	15g	25g	45%	25%	50%	20%	
Breakfast Dishes																			
102000	Spicy Cheese Omelet	1/2 Package	2	220	120	13g	5g	0g	320mg	360mg	5g	1g	3g	18g	35%	60%	15%	8%	
102001	Scrambled Eggs	1/2 Package	2	220	110	12g	4g	0g	440mg	460mg	4g	0g	2g	22g	15%	0%	10%	8%	
104001	Scrambled Eggs	1/4 Package	4	220	110	12g	4g	0g	440mg	460mg	4g	0g	2g	22g	15%	0%	10%	8%	
102002	Scrambled Eggs With Baco Bits	1/2 Package	2	240	130	14g	4.5g	0g	545mg	520mg	3g	<1g	0g	23g	2%	0%	15%	10%	
102003	Denver Omelette	1/2 Package	2	220	120	13g	5g	0g	435mg	360mg	5g	<1g	2g	20g	4%	80%	15%	10%	
102012	Huevos Rancheros	1/2 Package	2	210	90	10g	3.5g	0g	265mg	740mg	12g	4g	3g	17g	20%	40%	15%	15%	
102015	Granola with Blueberries & Milk	1/2 Package	2	280	100	12g	5g	0g	25mg	105mg	36g	3g	20g	11g	6%	4%	25%	8%	
102017	Granola with Bananas & Milk	1/2 Package	2	280	110	12g	5g	0g	25mg	105mg	36g	3g	19g	11g	6%	4%	25%	8%	
102019	Cinnamon Muesli & Milk	1/2 Package	2	380	80	9g	1g	0g	0mg	140mg	60g	8g	26g	18g	2%	10%	40%	15%	
102080	Biscuits and Gravy	1/2 Package	2	430	140	16g	5g	0g	15mg	1580mg	62g	2g	11g	9g	2%	2%	15%	15%	
104901	Egg Mix	1 Egg	16	100	60	6g	1.5g	0g	145mg	150mg	4g	0g	3g	6g	2%	2%	10%	4%	
104006	Buttermilk Pancake Mix	1/4 Package	4	280	45	5g	.5g	0g	10mg	900mg	51g	2g	8g	9g	0%	0%	20%	40%	
NEW Cold Water Lunches																			
102701	NEW Cold Pasta Salad w/ Vegetables	1/2 Package	2	230	110	12g	3.5g	0g	12mg	630mg	24g	4g	6g	8g	130%	200%	20%	10%	
102702	NEW Cold Black Bean Salad	1/2 Package	2	270	60	7g	1.5g	0g	0mg	930mg	40g	25g	13g	12g	15%	10%	10%	35%	
102703	NEW Cold Potato Salad	1/2 Package	2	270	130	15g	6g	0g	45mg	400mg	24g	6g	7g	10g	40%	110%	20%	15%	
Vegetarian Entrees																			
102301	Cold Pasta Salad with Vegetables	1/2 Package	2	420	160	18g	6g	0g	30mg	1260mg	50g	8g	12g	16g	180%	390%	35%	20%	
102302	Chana Masala	1/2 Package	2	430	25	2.5g	0g	0g	0mg	1340mg	92g	9g	15g	13g	60%	90%	8%	15%	
102303	Pad Thai	1/2 Package	2	460	160	18g	3g	0g	0mg	480mg	64g	8g	15g	18g	110%	180%	10%	20%	
102305	Wild West Chili & Beans	1/2 Package	2	360	70	8g	3.5g	0g	15mg	820mg	55g	28g	16g	23g	70%	120%	30%	50%	
104305	Wild West Chili & Beans	1/4 Package	4	360	70	8g	3.5g	0g	15mg	820mg	55g	28g	16g	23g	70%	120%	30%	50%	
102306	Lasagna	1/2 Package	2	380	80	9g	5g	0g	25mg	690mg	55g	6g	11g	22g	60%	60%	30%	25%	
104306	Lasagna	1/4 Package	4	380	80	9g	5g	0g	25mg	690mg	55g	6g	11g	22g	60%	60%	30%	25%	
102307	Louisiana Red Beans & Rice	1/2 Package	2	300	10	1g	0g	0g	0mg	1160mg	62g	16g	4g	12g	20%	10%	15%	35%	
104307	Louisiana Red Beans & Rice	1/4 Package	4	300	10	1g	0g	0g	0mg	1160mg	62g	16g	4g	12g	20%	10%	15%	35%	
102308	Spicy Thai Peanut Sauce	1/2 Package	2	500	230	26g	4.5g	0g	0mg	230mg	56g	9g	9g	20g	20%	25%	10%	20%	
102309	Katmandu Curry	1/2 Package	2	340	15	1.5g	0g	0g	0mg	1220mg	64g	32g	9g	18g	20%	50%	10%	70%	
102314	Black Bean Tamale Pie	1/2 Package	2	470	70	8g	3.5g	0g	15mg	1360mg	86g	26g	17g	20g	50%	40%	30%	40%	
102350	Spaghetti & Sauce	1/2 Package	2	330	15	1.5g	0g	0g	0mg	820mg	62g	6g	13g	22g	70%	60%	10%	25%	
104350	Spaghetti & Sauce	1/4 Package	4	330	15	1.5g	0g	0g	0mg	820mg	62g	6g	13g	22g	70%	60%	10%	25%	
102355	Macaroni & Cheese	1/2 Package	2	400	70	8g	4.5g	0g	20mg	1030mg	66g	2g	7g	16g	4%	0%	25%	15%	
102360	Pasta Vegetable Parmesan	1/2 Package	2	250	100	11g	7g	0g	30mg	850mg	30g	3g	6g	9g	35%	45%	20%	10%	



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Salmon Entrees																		
102450	Pesto Salmon with Pasta	1/2 Package	2	320	130	14g	4.5g	0g	30mg	140mg	30g	3g	9g	18g	15%	10%	30%	20%
102453	Southwestern Smkd Salmon Pasta	1/2 Package	2	280	90	10g	5g	0g	25mg	790mg	35g	2g	14g	14g	45%	100%	20%	15%
Beef Entrees																		
102407	Beef & Broccoli Stir-fry	1/2 Package	2	330	45	5g	1g	0g	15mg	1350mg	59g	7g	3g	16g	110%	80%	10%	10%
102405	Shepherd's Pie with Beef	1/2 Package	2	300	70	8g	3.5g	0g	45mg	1340mg	41g	5g	8g	18g	20%	60%	20%	10%
102403	Italian Style Beef Sauce over Pasta	1/2 Package	2	350	70	8g	4.5g	0g	40mg	320mg	54g	6g	16g	19g	60%	70%	20%	15%
102404	Mexican Rice with Beef	1/2 Package	2	380	100	11g	6g	0g	50mg	900mg	53g	3g	9g	17g	25%	15%	15%	10%
102410	Beef Stroganoff	1/2 Package	2	260	90	10g	6g	0g	40mg	910mg	30g	<1g	5g	11g	6%	2%	10%	8%
104410	Beef Stroganoff	1/4 Package	4	260	90	10g	6g	0g	40mg	910mg	30g	<1g	5g	11g	6%	2%	10%	8%
102415	Beef Stew	1/2 Package	2	240	15	1.5g	0g	0g	20mg	740mg	44g	6g	5g	12g	30%	60%	4%	20%
104415	Beef Stew	1/4 Package	4	240	15	1.5g	0g	0g	20mg	740mg	44g	6g	5g	12g	30%	60%	4%	20%
102455	Chili Mac with Beef	1/2 Package	2	270	25	2.5g	0.5g	0g	30mg	1330mg	45g	3g	4g	17g	20%	8%	4%	20%
104455	Chili Mac with Beef	1/4 Package	4	270	25	2.5g	0.5g	0g	30mg	1330mg	45g	3g	4g	17g	20%	8%	4%	20%
102485	Potatoes & Gravy with Beef	1/2 Package	2	230	10	1.5g	0g	0g	20mg	750mg	41g	2g	7g	13g	0%	45%	15%	8%
104485	Potatoes & Gravy with Beef	1/4 Package	4	230	10	1.5g	0g	0g	20mg	750mg	41g	2g	7g	13g	0%	45%	15%	8%
Chicken Entrees																		
102446	Chicken Vindaloo	1/2 Package	2	260	30	3g	0g	0g	25mg	880mg	46g	4g	8g	15g	20%	35%	6%	10%
102310	Pad See You with Chicken	1/2 Package	2	370	70	7g	1g	0g	15mg	1290mg	63g	4g	8g	12g	40%	90%	8%	10%
102430	Sweet & Sour Chicken	1/2 Package	2	430	60	7g	1g	0g	30mg	810mg	75g	4g	19g	19g	70%	190%	4%	10%
102431	Chicken Saigon Noodles	1/2 Package	2	510	130	14g	7g	0g	15mg	860mg	73g	9g	17g	25g	90%	70%	10%	25%
102432	Santa Fe Chicken	1/2 Package	2	400	50	6g	2.5g	0g	30mg	1130mg	66g	23g	17g	24g	45%	35%	25%	30%
102434	Kung Pao Chicken	1/2 Package	2	370	70	7g	1g	0g	30mg	1070mg	57g	6g	10g	24g	35%	30%	8%	10%
102435	Chicken Cashew Curry	1/2 Package	2	290	50	6g	1g	0g	30mg	420mg	44g	2g	4g	17g	10%	15%	4%	8%
102437	Chicken & Rice	1/2 Package	2	280	5	1g	0g	0g	25mg	1260mg	54g	2g	2g	16g	10%	10%	4%	4%
104437	Chicken & Rice	1/4 Package	4	280	5	1g	0g	0g	25mg	1260mg	54g	2g	2g	16g	10%	10%	4%	4%
102438	Jamaican BBQ Chicken	1/2 Package	2	310	15	2g	0g	0g	25mg	1440mg	58g	13g	9g	19g	20%	20%	8%	15%
102439	Cajun Chicken	1/2 Package	2	310	15	2g	0g	0g	25mg	1550mg	56g	4g	9g	20g	30%	60%	15%	8%
104439	Cajun Chicken	1/4 Package	4	310	15	2g	0g	0g	25mg	1550mg	56g	4g	9g	20g	30%	60%	15%	8%
102440	Hawaiian Chicken	1/2 Package	2	300	10	1g	0g	0g	15mg	1160mg	65g	4g	14g	12g	30%	100%	4%	8%
102460	Chicken & Dumplings	1/2 Package	2	310	90	10g	4g	0g	25mg	1460mg	40g	4g	8g	15g	8%	35%	8%	15%
104460	Chicken & Dumplings	1/4 Package	4	310	90	10g	4g	0g	25mg	1460mg	40g	4g	8g	15g	8%	35%	8%	15%



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102441	Tomato Chipotle Pasta	1/2 Package	2	210	50	6	3.5g	0g	35mg	660mg	26g	4g	5g	14g	50%	100%	6%	10%
102495	Chicken with Potatoes and Stuffing	1/2 Package	2	230	15	2g	1g	0g	20mg	1150mg	40g	3g	6g	14g	2%	40%	10%	4%
102422	Risotto with Chicken	1/2 Package	2	370	35	4g	2g	0g	40mg	1260mg	62g	3g	7g	23g	25%	45%	20%	4%
102420	Fettucini Alfredo Chicken	1/2 Package	2	270	60	6g	3.5g	0g	45mg	850mg	36g	2g	12g	18g	90%	180%	30%	8%
Side Dishes																		
102503	Vegetable Medley	1/2 Package	2	70	35	3.5g	2g	0g	10mg	55mg	9g	2g	2g	2g	80%	2%	2%	2%
102519	Garlic Herb Mashed Potatoes	1/2 Package	2	190	50	5g	3g	0g	10mg	250mg	33g	3g	3g	4g	4%	25%	4%	4%
102522	Bacon Cheddar Mashed Potatoes	1/2 Package	2	200	50	6g	2g	0g	15mg	800mg	25g	4g	6g	12g	2%	25%	25%	6%
102525	Green Beans Almondine	1/2 Package	2	60	10	1g	0g	0g	0mg	0mg	10g	2g	3g	2g	6%	20%	4%	4%
104525	Green Beans Almondine	1/4 Package	4	60	10	1g	0g	0g	0mg	0mg	10g	2g	3g	2g	6%	20%	4%	4%
102540	Sicilian Mixed Vegetables	1/2 Package	2	110	10	1g	0g	0g	0mg	320mg	22g	6g	9g	6g	100%	190%	10%	10%
104510	Corn	1/4 Package	4	100	5	1g	0g	0g	0mg	5mg	21g	5g	3g	3g	4%	20%	0%	4%
Desserts																		
102610	Cheesecake	1/2 Package	2	270	100	11g	6g	0g	30mg	410mg	36g	0g	8g	7g	4%	2%	25%	2%
102612	Dark Chocolate Cheesecake	1/2 Package	2	270	100	11g	6g	0g	25mg	400mg	36g	2	7g	8g	4%	2%	25%	8%
102615	Apple D'Lite	1/2 Package	2	130	0	0g	0g	0g	0mg	130mg	33g	<1g	26g	0g	0%	2%	0%	0%
102624	Chocolate S'mores	1/2 Package	2	150	5	1g	0g	0g	0mg	210mg	36g	0g	29g	1g	0%	0%	0%	2%
102625	Hot Apple Cobbler	1/2 Package	2	280	45	5g	1.5g	0g	0mg	420mg	59g	2g	41g	2g	0%	0%	0%	6%
104625	Hot Apple Cobbler	1/4 Package	4	280	45	5g	1.5g	0g	0mg	420mg	59g	2g	41g	2g	0%	0%	0%	6%
102639	Banana Cream Pie	1/2 Package	2	220	10	1g	0g	0g	0mg	350mg	53g	1g	40g	1g	0%	4%	0%	2%
102640	Mocha Mousse Pie	1/2 Package	2	200	15	1.5g	0g	0g	0mg	690mg	46g	2g	35g	1g	0%	0%	0%	4%
102650	Strawberry Cheesecake	1/2 Package	2	260	90	10g	5g	0g	25mg	380mg	38g	2g	11g	7g	4%	60%	25%	4%
102655	Peaches & Cream Pie	1/2 Package	2	220	10	1g	0g	0g	0mg	650mg	51g	1g	47g	1g	6%	6%	0%	2%
102206	Neapolitan Ice Cream	1 bar	1	120	50	6g	4g	0g	25mg	50mg	15g	0g	12g	2g	4%	0%	8%	0%
102207	Ice Cream Sandwich	1 bar	1	210	70	8g	5g	0g	25mg	180mg	30g	0g	17g	4g	4%	0%	8%	0%
102208	Mint Chocolate Chip Ice Cream	1 bar	1	130	60	7g	5g	0g	25mg	45mg	0g	0g	12g	2g	4%	0%	8%	0%
102209	Polar Bear Ice Cream	1 bar	1	120	50	6g	4g	0g	25mg	50mg	15g	0g	12g	2g	4%	0%	8%	2%



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Snacks, Spreads & Oils																		
102135	Strawberries	1/2 oz (14g)	1	15	0	0g	0g	0g	0mg	0mg	6g	2g	4g	1g	0%	80%	2%	2%
102220	Gorp Snack	1/2 Package	2	190	90	10g	2.5g	0g	0mg	120mg	25g	2g	19g	4g	0%	0%	2%	6%
104210	Mountain Bread (Pilot Biscuits)	2 biscuits	4	190	50	6g	0g	0g	0mg	250mg	35g	2g	0g	4g	0%	0%	4%	10%
104227	Spicy Salsa	1/4 Package	4	50	5	.5g	0g	0g	0mg	320mg	12g	3g	6g	2g	15%	15%	2%	4%
104226	Peanut Butter 4 Pack	1 Package	1	190	150	17g	3g	0g	0mg	0mg	7g	2g	1g	7g	0%	0%	2%	4%
104228	Fruit Jelly 4 Pack	1 Package	1	80	0	0g	0g	0g	0mg	10mg	20g	0g	11g	0g	0%	0%	0%	0%
104224	Cheddar Cheese Spread	1 Package	1	180	160	17g	10g	0g	50mg	300mg	1g	0g	0g	5g	60%	70%	15%	0%
104229	Jalapeno Cheddar Cheese	1 Package	1	180	150	17g	7g	0g	25mg	310mg	1g	0g	0g	5g	90%	70%	15%	0%
Freeze-dried Meats																		
104815	Cooked Beef	1 Package	1	130	45	5g	2.5g	0g	55mg	450mg	0g	0g	0g	22g	0%	0%	0%	15%
104820	Cooked Chicken	1 Package	1	120	10	1g	0g	0g	65mg	30mg	0g	0g	0g	27g	0%	0%	0%	0%
Drinks																		
104715	Whole Milk	1 cup (240ml)	4	140	70	8g	4.5g	0g	25g	110mg	11g	0g	11g	7g	6%	4%	25%	0%